

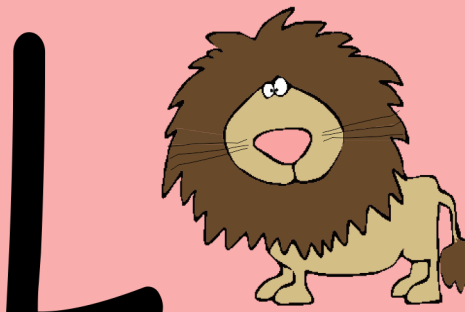
Menus for **Jays**

December 2022

This institution is an equal opportunity provider. Menus are subject to change.

Pre-K @ Seaford High School

I am the letter



lion



What's on YOUR plate?

Available Daily

Breakfast
Asst. Cereal or Yogurt w/ Graham

Lunch
PBJ & Cheesestick
Yogurt w/ Grain & Cheesestick
Ham & Cheese Sandwich (M, W, F)
Turkey & Cheese (T, TR)

Happy Holidays!



Beware of Mistletoe!

Holiday Bullseye!

Turkey is the star attraction on many of our Holiday tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 5

Breakfast
Asst. Bread Slices
Fruit & Juice Variety

Lunch
Crispy Chicken Tenders
Warm Baked Beans
Chilled Applesauce
1% Unflavored Milk

Tuesday, December 6

Breakfast
Mini Bagel
Fruit & Juice Variety

Lunch
Spaghetti w/ Meat Sauce & Garlic Breadstick
Steamed Green Beans
Frozen Fruit Cup
1% Unflavored Milk

Wednesday, December 7

Breakfast
Asst. Cereal
Fruit & Juice Variety

Lunch
Papa John's Pizza
Baby Carrots
Chilled Mixed Fruit
1% Unflavored Milk

Thursday, December 8

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Cheeseburger
Steamed Broccoli
Pineapple Tidbits
1% Unflavored Milk

Friday, December 9

Breakfast
Asst. Muffins
Fruit & Juice Variety

Lunch
Meatball Sub
Crispy Oven Fries
Appleslices
1% Unflavored Milk

Thursday, December 1

Breakfast
Pigglestick
Fruit & Juice Variety

Lunch
Walking Taco
Zesty Corn
Cool Pears
1% Unflavored Milk

Friday, December 2

Breakfast
Assorted Muffins
Fruit & Juice Variety

Lunch
Italian Sub
Warm Baked Beans
Chilled Mixed Fruit
1% Unflavored Milk

Monday, December 12

Breakfast

Mini Waffle
Fruit & Juice Variety

Lunch

Crispy Chicken Patty
Baby Carrots
Chilled Applesauce
1% Unflavored Milk

Tuesday, December 13

Breakfast

Asst. Cereal
Fruit & Juice Variety

Lunch

Shepherd's Pie w/ Biscuit
Garden Peas
Chilled Mixed Fruit
1% Unflavored Milk

Wednesday, December 14

Breakfast

Mini Pancakes
Fruit & Juice Variety

Lunch

Max Sticks w/ Marinara Cup
Broccoli Trees
Frozen Fruit Cup
1% Unflavored Milk

Thursday, December 15

Breakfast

Pigglestick
Fruit & Juice Variety

Lunch

Walking Taco
Chipotle Bean Salad
Cool Pears
1% Unflavored Milk

Friday, December 16

Breakfast

Assorted Muffins
Fruit & Juice Variety

Lunch

Popcorn Chicken
Fluffy Mashed Potatoes
Juicy Peaches
1% Unflavored Milk

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

- brownie
- butter
- chocolate
- danish
- fudge
- gravy
- ice cream
- margarine
- mayonnaise
- pie
- sugar cookie
- syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 19

Breakfast

Asst. Bread Slices
Fruit & Juice Variety

Lunch

Pulled Pork Sandwich
Steamed Mixed Vegetables
Chilled Applesauce
1% Unflavored Milk

Tuesday, December 20

Breakfast

Mini Bagel
Fruit & Juice Variety

Lunch

Beef Hot Dog
Warm Baked Beans
Frozen Fruit Cup
1% Unflavored Milk

Wednesday, December 21

No School Today



Professional Day
for Our Teachers

We wish you & your family a warm & happy holiday season!

Seaford Nutrition Services

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

49 = 0.25



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Time to turn the page!

Winter Holiday begins at the end of classes
Tuesday, December 20

Classes resume:
Tuesday, January 3

We look forward to serving you in 2023!